

Welcome to Southeast Seattle

This map is provided to you by Public Health-Seattle & King County with input from the Rainier Community Center-Late Night Youth Recreation Program. Southeast Seattle is a diverse community that takes pride in being physically fit. Our goal is to promote physical activity and walking as a means to prevent disease and promote healthy living. Walking routes highlight neighborhoods, parks and community centers.

For more information on Public Health programs and services, visit our website at: www.metrokc.gov/health

Dr. Alonzo Plough
Director and Health Officer
Public Health-Seattle & King County

Tips for staying safe

- * Find a partner
- * Walk in open spaces where other people are present
- * Be sure the area has good lighting
- * Always warm up first before doing vigorous activities
- * Observe street signs, cross walks and traffic signals
- * Look both ways before crossing streets
- * If you walk after sunset wear reflective clothing
- * Know where to get blood pressure check ups
- * If you have asthma or diseases that affect your lungs, be sure to bring your medicines and check air quality reports before engaging in activities
- * Use designated leash free areas for pet safety

Other Events

Join family and friends for summer fun during Bicycle Saturday and Sunday on Lake Washington Boulevard from 10:00 a.m. to 6:00 p.m.

Columbia City Farmers Market

Located on the corner of Rainier Ave South and So. Edmunds St. every Wednesday beginning June to October.

Columbia Public Health Center/Rainier Park Family Medical Clinic

- * Co-located on the corner of 4400 37th Ave S. Health services for adults, infants and children. For more information about programs and clinic hours, call (206) 296-4650

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Seattle Parks and Recreation Community Centers

Community centers offer a variety of health and recreational fitness programs for all ages. Each quarter seasonal events are offered, including family centered programs and a variety of ethnic and cultural events.

Locations:

Filipino Community Center

* 5740 MLK, Jr. Way S. Information: (206) 722-9372

Jefferson Community Center and Golf Course

* 3801 Beacon Ave S. Information: (206) 684-7481

Rainier Beach Community Center and Playfield

* 8825 Rainier Ave S. Information: (206) 386-1925

Rainier Community Center

* 4600 38th Ave. S. Information: (206) 386-1919

Van Asselt Community Center

* 2820 S. Myrtle St. Information: (206) 386-1921

For general information about programs and services in your area call (206) 684-4075.

Open Spaces:

- * Aki Kurose Middle School Playfield
- * Beacon Avenue Walking Path
- * Beer Sheva Park
- * Brighton Playfield
- * Cleveland Playfield
- * Genesee Park & Playfield
- * Genesee Off Leash Park
- * Maplewood Playfield
- * Mt Baker Park
- * Rainier Playfield
- * Seward Park Walking Trail and Loop

Note: Lake Washington Boulevard is closed to motorized traffic on a periodic basis from May to September between Mount Baker Boulevard to Seward Park Drive. For more information about the Seattle Bicycle & Pedestrian Program, call 684-7583.



Southeast Seattle Walking Map

 **Public Health**
Seattle & King County
HEALTHY PEOPLE. HEALTHY COMMUNITIES.

 City of Seattle  King County